Dynamics of Eating Small.

by Dr. Frank Appiah

MIT Center for Constructive Communication.

Massachusetts, USA.

Small Eat-ups.

Continuously Changing, Growing and Developing: So is Our Eating.

Continuously Eating

What is the dynamics of continuously eating?

1. Can a mankind continuously change its ways of eating?
2. Can today mankind way of continuously developing means of eating change?
3. What can mankind continuously eating grow into?
4. Can mankind develop a continuously eating change agent?
5. So our eating continuously changes, develops and grows into what?
6. What environment is needed to have a continuously changing, developing and growing of mankind in terms of eating?
7. What kinds of mankind food needs continuous change?
8. What kinds of mankind food needs continuous development?
9. What kinds of mankind food needs continuous growth?
10. What amount of bias should be applied to certain foods to change its eat by mankind?

Nature Calls for Continuously Eating.

1. Nature calls for continuously eating is paramount today in our lives. We eat two or three times daily for human body to recover our lost of strength via thinking process, walking process, work process, physical process, feeling process, natural-induced process, argument process, discursive process and others.

Natural processes that causes loss of strength effect a recovery process by the human body.

Naturalistic

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Naturally Developing for Continuously Eating.

2. Today's mankind have developed packaging and chemically long span foods that changes a demand for continuously eating purpose. Process control engineered factories creates the expectations for a future of continuously eating.

Natural processed packages and chemical foods create a natural development.

Naturalistic

Naturally Growing into Continuously Eating.

3. Naturally growing into a continuous eating person is important for urban living and planning everywhere. The urban is close and full of middle-to-high living-persons which have natural desire for appealing foods. New agriculture seed growing methods will head the way into growing a naturally continuously eating.

New agriculture seed growing methods are already heading the way.

Naturalistic

Developing a change agent into Continuous Eating.

4. Change agent is needed in management and keeping records of changes in the construction of a continuously eating environment. Developing a change agent is to help assist in managing a continuously eating environment.

An Agent in change management and record keeping in a continuous eating environment.

Change Agent.

Future of Continuously Eating >>>>

5. So our continuously eating changes, develops and grows into what? Renewable energy is a hot topic. Future cities cannot do without it. Clearly, to refuel the hunger for energy capacity of the urban cities, continuously eating is a major factor in the generation process.

Energy capacity generation for the urban cities relies on continuous eating.

Renewable ***Energy***

Environments for continuously eating.

6. The kind of environment can be delved into three perspectives: farming environment, distribution environment and energy environment. Farming environment involving crop farming, green harvest, drone monitoring and harvesting, and horticulture. Distribution environment includes transport commuting via electric vehicle or solar powered vehicle, air cargo planes and train-solely transports. Distribution stores include grocery shops, malls and shopping centres. Energy environments include biogas tapping from natural environments, wind turbine electricity generation, steam turbine energy generation.

Three environments for continuously making eatables like food.

Renewable Energy.

Foods that need continuous changes.

7. Nature has created its own mechanism to adopt changes to food like vegetable plants, tubber products, fruits and more. It provide remedies for the same deficit introduces into decaying the foods like preservations and natural methods like drying, freezing and grinding.

Natural methods of preserving foods for next devouring season.

Preservation.

Foods that need continuous developing.

8.Foods like grains for flour making, rice and vegetables are much developed in the Western World. Cakes, pie, bread and other baked products is needed in much developed quantity for daily eating. Rice from the Asia regions is much developed in quantity for every home. Continuously eating delves into these much certainly than not.

Foods for continuously eating develops on grain and vegetable products.

Food Development.

Foods for continuously eating develops on grain and vegetable products.

FoodDevelopment.

Foods that need continuous growth.

9.Foods include fruits, vegetables, tubers like yam, potatoes, cassava, grains like maize, millet, Beans, etc. These foods are used in homes for periodic activities. Continuous growth describes level of importance in the home that makes so less needed as to greater wanted foods in satisfaction levels. It is much obvious for tubers, grains and less fruits or vegetables.

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Growing certain foods throughout the plantation season than usual off-harvest planning.

On-Off Harvest.

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On-Off Harvest.

Growing certain foods throughout the plantation season than usual off-harvest planning.

On-Off Harvest.

Foods that need continuous biases.

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10. The amount of bias that should be applied to certain foods to change its eat by mankind is based on regional interest to available foods. There is an amount of 0.8 and 0.2 biases to eating tuber daily than grains in Africa than in America. There is certainty for total upside down rationality of reverse bias in Africa. Thus going for 0.8 grain to 0.2 tuber. The rationale is availability to food culture adoption in totality.

Food availability gives certain biases rationale to food culture in totality.

Food Culture.

Introduction

1. Why the art of eating small?
2. Who do eat small in real world?
3. What foods do we eat small?
4. Which environment makes us eat small?

Man cannot live with bread alone.

Adage.

The stomach through to the man is the best place to think about and know.

Adage.

Why art of eating small?

Why Eat?

Eating keeps as our well-being healthy and strong for a day-to-day activities. The environment which is the grocery shore/ mall to the kitchen to the dining table and the actual eating makes it an activity to explore for everybody on this planet.

Food Scientist, Dieticians, Caterers, Chefs, Men and Women

Why Eat?

Eating is a subject brought into much light by Food Scientist, Dieticians, Caterers, Chefs, Men and Women. Why are the last two in the subject of eating important than the others. This is because the others do no eat much in real life. Seriously, they are the participants of consumption from the subject experts.

Why Eat?

"Have you eating yet for this morning, afternoon or evening?

> *"Have you eating yet?"* This is what I and everyone gets to be questioned about in some periods of the day. These are morning, afternoon and evening.

Recipe

Noodle. AHA Yeah. Mashed Samples (Yam, Cassava, Potato).
This is food for eat-ups. The list goes on and on.
Face the wall and devour the night with just noodles and mashed yam.

	Recipe serves	Prepared for
	4	8

Ingredient	Amount		Scaled amount	
Fresh or dry ramen noodle	4	servings	8	servings
Vegetable stock	8	l	16	l
Tamari or soy sauce	1/4	ml	1/2	ml
Dried shiitake mushrooms	1	g	2	g
Vegetable oil (divided)	1/2	ml	1	ml
Small brown onion	1		2	
Fresh garlic cloves	1	tbsp	2	tbsp
Fresh ginger (peeled)	1/2	inch	1	inch
Butter	1	tbsp	2	tbsp
Miso paste	1	tbsp	2	tbsp
Mirin (rice wine)	1	tbsp	2	tbsp
Baked tofu	6	g	12	g
Baby spinach	10	g	20	g
Fresh shiitake mushrooms	10	g	20	g
Eggs	4		8	
Spring onion	4	g	8	g
Sesame salt (Gomasio)				
Toasted sesame oil with hot chilli				

Eat-up Missions 1

1. After a day of programming and writing code. We leave the coloured screen full of lines of code and executable programs that run immediately to show our days development experience.
2. Under the roof on software critical mission. We have deadlines to meet from customer or client requirements.
3. We may have a reservation with a hotel or restaurant to take the dining process with a cooker or chef.
4. Chef takes orders around the table with their menu brochures and we wait for what?

Cooked noodle in mushroom soup and onto with boiled spliced egg.

5. Chef starts his spaghetti magic to get us a cooked noodle. He/she throws into a pan olive oil, chopped onions, green bell pepper, spices like herbs, meat, eggs, salt to taste and stirs for about 20 to 45 mins.

Eat-up Missions 2

1. We wait around the table discussing a sitter-gentle excitements or gossips about friends who did not make to the eating place.
2. Sometimes, we stretch ourselves on the sit or chair because chef may have encounter a hard meat that is taking more time to cook.
3. May have left the veggies go burnt.
4. Maybe had a complained with spouse and made up a bad salty soup.
5. You keep imagining other things that may have gone wrong with the treatment of AHA moment from a chef or caterer.
6. We keep waiting on what?

Cooked noodle in mushroom soup and onto with right placed boiled spliced

Eat-up Missions 3

1. Ha the soup of mushroom and noodle with top-up sliced egg.
2. Of course yes. Three courses for tonight yes.
3. Laughing with three courses for tonight.
4. Friends tap the table just like drumming to make noise and put pressure on chef for yearning noodle purchase.

Cooked noodle in mushroom soup and onto with boiled spliced egg.

Chef Relaxation Response 1

1. In response to our hungry pressured noisy making, chef walks in with a tray of soft drinks.
2. Guess, what are on the tray?
3. Bigoo, pukka, fanta, coke, coke cola and sachets of K-50.
4. AHA a soft sweeting liquid chokes
5. Let me tell you more about the drinks.

6. Bigoo, my favourite is strawberry 🍓 made product from the inland manufacturing company in the country. It is bottled and sealed to count on supplier demands.

Chef Relaxation Response 2

Same old noodle but little more sweet.

1. Pukka also a herby kind liquid in a plastic bottle and seal supplier requirements on quantity.
2. Fanta is a world favourite drink 🍊 and best of drinks for afternoon periods.
3. Coke and coke cola are black sweet sipping liquid drinks made from brands manufacturers as name implies. Strong if it does not settle for 3minutes after opening. It can give a very strong choke and sharp pain in the throat.
4. K-50 is my weekend little icy drink and it is alcoholic but less that three teaspoons.

Chef Relaxation Response 3

1. Not much of alcoholics beverage taker but on drink-eat wine taker.
2. Back on relaxation response in a hot and sweaty environment. That is the chef’s kitchen.
3. We keep on waiting for our orders.
4. Chef might have delayed a bit but we now relaxing and going on smooth with drinks. It is not the

Same old noodle but little more spicy.

smooth Guinness Malta scout.

5. We can order that in addition if we want to.
6. I raised my hand to do just that. What?
7. We are here to chill and let get the groves on and Chef give us music.

Who eats small?

Eating up sometimes in a hotel or restaurant is a gesture of rich life. Eating small does give a signal of (1) *small person or body*, (2) *low-income person*, and (3) *little to do* in an environment.

Rhetorics of Small Dynamics

Does dynamics of small intestine or big intestine matters in a home environment? What happens if you eat small into a big intestine or eat big into a small intestine? Do my body memory needs to recall or trigger if our food is too much for a day? We know that eating gives good feeling, satisfaction, healthy body and social environs.

Who eats small?

The good decisions of choosing to eat small and well is a balanced approach for both body strength singling and satisfaction for work. Nobody does little to work hard on anything in real life. Eating-up gives both satisfactory and strength signals to single handle a body's requirement for a day-to-day activity.

The good decisions of choosing to eat small and well is a balanced approach.

Small and Well-Balanced Approach.

Who eats small?

Eating-up approach to tackle the three signals of wanting to do so has much to do with quantity of food. 10g for morning, then 30g for afternoon and finally 60g for evening. Upside down 40g for morning, 30g for afternoon and 20g for evening.

Small Dynamics

1. I am in a home for sure.
   Somewhere in Africa tackling social problems without any help or aid to support my deep sound understanding of natural dynamics.
2. I am confused sometime of natural calls to healthy environments for healthy thought provoking ideas of small dynamics of the home.
3. We come from a home. Parent’s home, friend's home and place of our own/ mortgage.

Same old noodle with more veggies.

4. I got my home from a contractor support on campus.
5. I got another home in a different region on campus again.
6. I ordered a build of State Insurance Company sponsored home.

Small Dynamic Living.

1. They are all homes we make, break or build to have a place to sleep.
2. I even build one around the sea to go fishing fast and easy. Again to watch waves of the sea breeze.
3. These small dynamics are causes that can effect a small living system.
4. The good decision of small dynamics of living is what is at stake at the moment.
5. The home environment in terms of capacity of holding rooms or persons makes small dynamics of living possible.

Events on Eating.

What happens when we small food into a large intestine part of a stomach and vice-versa gives a versatility of food though? Small food like beverage drink in the after will create sweet sensation but will keep you hungry in a minute after digestion substance release comes into play. Nobody sleeps on a near empty stomach. Too drinking about 4-8 bottles give that satisfaction feeling but going to sleep with it keeps you swimming with fishes. Yes, you will get that drowning feeling.

Foodie

Eating large amount of food into a small stomach gets one sleepless nights. You will get that screaming feeling and feels awful. You sometimes feel bloated and tired suddenly. In ergonomics sense, you are will find yourself seated in a slanted way to make adjustment for the extra food-mass.

Body Reactions

How does the body reacts to heavy eating on weekends for example? Some gets a large choke sound for digestion to take place. Tuber foods like full yam give a cardiovascular exercise on chest adjustment sometime painful. Nature makes it easy either vomiting or defecating. Body image feels wear out and out of your skin.

Good Feeling, Satisfaction and Healthy Body.

We know that eating gives good feeling, satisfaction, healthy body and social environs.